

WORKSHEET 1 OF 4

The 3Ps Reframe

Catch the sentence that sinks you. Write the one that lifts you.

After a setback, the mind often explains it in three unhelpful ways: as **permanent** ("never"), **pervasive** ("everything") and **personal** ("only because I am not good enough"). The aim is not to think positively but to think *accurately*. Fill in one row each time a disappointment hits.

Yeh aapka nijji record hai — this is your private record. Share it only with people you trust. If you are under 18, fill it in with a parent, teacher or counsellor.

What happened	My first thought	Which P? (circle)	A more accurate thought
Scored 410 in a NEET mock; target was 550	"I will never crack NEET. I am useless at everything."	Permanent Pervasive Personal	"This mock was weak, mainly Physics. My Biology was strong. I have 7 months and I can change my method."
		Permanent Pervasive Personal	
		Permanent Pervasive Personal	
		Permanent Pervasive Personal	
		Permanent Pervasive Personal	
		Permanent Pervasive Personal	

The friend test

If your closest friend had this exact result, what would you say to them? Write it below — then read it to yourself.

WORKSHEET 2 OF 4

Repeat, Reshape or Redirect?

A decision made with a clear head, not by default

After a disappointing result, there are three healthy options and one unhealthy one: drifting without deciding. Answer each set of questions honestly — ideally a week or two after the result, when the first shock has passed — and then talk it through with your family.

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First, the most important question

Whose dream is this? Write, in one sentence, *why* you want this goal — in your own words, not your family's.

REPEAT

My mock scores were close to the cut-off Y ☐ N ☐

I can name clearly what went wrong Y ☐ N ☐

I would choose this goal even if nobody else cared Y ☐ N ☐

My health, sleep and mood are stable Y ☐ N ☐

My family can support one more year without strain Y ☐ N ☐

Mostly YES → a focused second attempt, with a new method

RESHAPE

I love the field, not just this one exam Y ☐ N ☐

There are related routes I have not explored Y ☐ N ☐

I would be happy in a neighbouring course or college Y ☐ N ☐

I want to start building my career now Y ☐ N ☐

Mostly YES → same dream, wider route (e.g. BDS, nursing, allied health, BSc → MSc, state colleges)

REDIRECT

The gap to the cut-off is very large Y ☐ N ☐

My interest has quietly faded Y ☐ N ☐

This would be my third or later attempt Y ☐ N ☐

My mental health has suffered Y ☐ N ☐

Another field genuinely excites me Y ☐ N ☐

Mostly YES → a new goal, chosen freely — not a consolation prize

My decision

I choose to: _____

Because: _____

My first three steps: _____

Date we will review this: _____

Student

Parent / guardian

Date

WORKSHEET 3 OF 4

My Two-Track Pact

For anyone preparing for a competitive or government exam

Keep your dream, but stop betting every year of your life on a single door. Decide your limits *before* you start — decisions made in advance are far easier to keep under pressure — and build a second track alongside the first.

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Track 1 · The exam

Exam / post:

Attempts or years I will give:

Mock score that means "I am close":

Age limit / last eligible attempt:

Track 2 · The skill that pays

Skill I will build (e.g. Tally/GST, teaching, spoken English, ITI trade):

Where I will learn it:

Hours per day:

First small earning goal:

The five things a job gives — do I have them right now?

Long preparation can quietly take these away. Write one way you will keep each in your life this month.

STRUCTURE

A day with a shape

☐ Yes ☐ No

PEOPLE

Friends who are not rivals

☐ Yes ☐ No

PURPOSE

Something that matters now, not "next year"

☐ Yes ☐ No

IDENTITY

An answer to "what do you do?"

☐ Yes ☐ No

ACTIVITY

Body and mind in use

☐ Yes ☐ No

Checkpoints

Checkpoint date	Latest mock score	Track 2 progress	Mood & sleep (1–5)	Decision: continue / adjust / switch

My signature

Family member

Date

WORKSHEET 4 OF 4

Explore Before You Commit

Finding the door that is truly yours

Interest that fits your field predicts better performance and staying the course. Use this sheet in Class 9–11, or any time you are choosing a path. Work through it over a few weeks, not in one sitting.

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1 • Where do I light up?

Tick the two or three types that sound most like you.



REALISTIC

I like building, fixing, being outdoors

Civil engineer · pilot · agri-scientist · chef



INVESTIGATIVE

I like solving puzzles and asking why

Doctor · researcher · data scientist



ARTISTIC

I like creating and expressing

Architect · designer · filmmaker · writer



SOCIAL

I like helping and teaching

Teacher · psychologist · physiotherapist



ENTERPRISING

I like leading and persuading

Entrepreneur · lawyer · civil servant



CONVENTIONAL

I like order, numbers, systems

Chartered accountant · banker · actuary

2 • Three honest questions

If nobody I know would ever learn what I became, would I still choose this?

What do I lose track of time doing?

Can I picture an ordinary Tuesday in this career, ten years from now?

3 • Taste-test log talk to people, shadow a day, try a short course

Career	Who I spoke to / what I tried	What surprised me	Still interested? (1–5)

Based on: Holland, Making Vocational Choices 1997; Nye et al, Perspectives on Psychological Science 2012; Marcia, JPSP 1966. Interest types are a starting point for reflection, not a test result; a qualified career counsellor can administer a formal inventory. Educational use only; it does not replace assessment by a qualified clinician. If you feel hopeless or unsafe, call **Tele-MANAS 14416** / 1-800-891-4416 (free, 24×7) · **Childline 1098** (under 18) · Emergency **112**. Dr. Saurabh Kumar, MD (Psychiatry) AIIMS New Delhi · Healthy Minds India, Patna · patnapsychiatry.com · 7050024223 (non-emergency) · Edition 1.0 · October 2026 · © 2026 Healthy Minds India, Patna. All rights reserved. May be photocopied for personal and educational use.